

Unit

1



A - Attitude Is Altitude

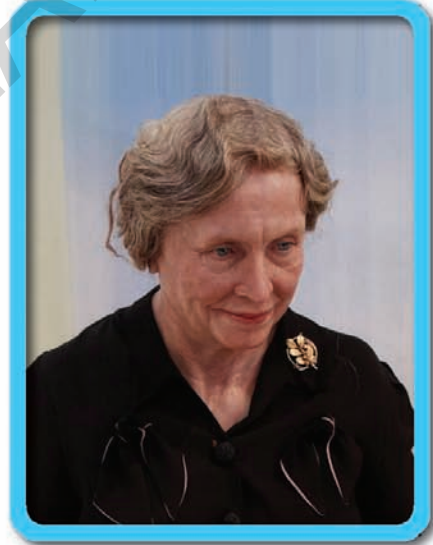
**B - Every Success Story
Is Also a Story of Great Failures**

C - I Will Do It

Personality Development

1. Personality Development

Look at the pictures and answer the questions.



1. Do you know these people? What is their speciality?
2. What qualities do you think a person requires to become successful?
3. What is your opinion about the attitude of society towards individuals with special needs?

Oral Discourse: Discuss/debate/talk on - “Disability is not an obstacle for success”.

Attitude Is Altitude

Imagine having no arms to stretch in the morning, to help you scratch that itch, to allow you to wrap your arms around your loved ones. Imagine having no legs to kick pebbles down the street, to walk or run, to bicycle or skateboard, or get you from point A to point B. Then imagine both at once, which is what Nick Vujicic has faced his whole life. Have you heard something like this before?

Nick Vujicic was born with no arms and legs - but he doesn't let the details stop him. The brave 26-year-old — who is mainly a torso — plays football and golf, swims and surfs, despite having no limbs.

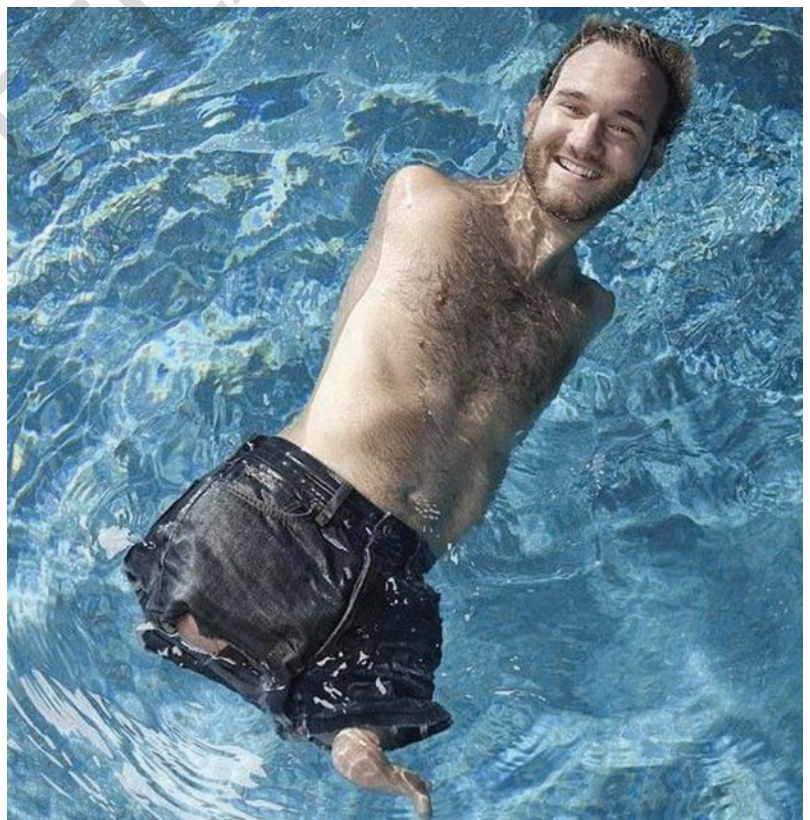
Nick has a small foot on his left hip which helps him balance and enables him to kick. He uses his one foot to type, write with a pen and pick things up between his toes.

'I call it my chicken drumstick,' joked Nick, who was born in Melbourne, Australia, but now lives in Los Angeles. 'I'd be lost without it.'

'He's very modest but he gets marriage proposals from women all the time,' said Nick's friend and publicist Steve Appel, from Los Angeles.

'He would love to get married and start a family but he's waiting for the right girl to come along.'

Water sports aren't Nick's only thing - he also plays golf with a club



tucked under his chin, and is a huge fan of the English Premier League.

His parents decided not to send him to a special school - a decision he said was very hard for him, but which may have been the best decision they could have made for him.

When Nick was born his father was so shocked that he left the hospital room to vomit. His distraught mother couldn't bring herself to hold him until he was four months old.

His disability came without any medical explanation - a rare occurrence called Phocomelia - and Nick and his parents spent many years asking why this cruel trick would happen to them. 'My mother was a nurse and she did everything right during pregnancy but she still blamed herself,' he said.

'It was so hard for them but right from the start they did their best to make me independent.'

'My dad put me in the water at 18 months and gave the courage to learn how to swim.'

'I also got really into football and skateboarding. I totally love the English Premier League.'

Nick's father was a computer programmer and accountant and he taught his little son how to type with his toe at just 6 years old. His mum invented a special plastic device that meant he could hold a pen and pencil.

Despite the risk of being bullied, his parents insisted Nick on attending mainstream school. 'It was the best decision they could have made for me,' adds Nick, who later achieved a degree in Financial Planning and Real Estate. 'It was very hard but it gave me independence.'

Nick, who was teased and bullied, had an electric wheelchair for mobility, and a team of carers to help him.

'I was deeply depressed when I was eight years old,' he said. 'I went to my mum crying and told her I wanted to kill myself.'

'I felt cold and bitter. I hated God for doing this to me and was terrified of what would



happen when my parents weren't there to look after me.'

'I could brush my own teeth with a wall mounted brush and wash my own hair with pump action soap, but there was so much that was impossible for me.'

At age ten Nick tried to drown himself in the bath but luckily the

attempt was unsuccessful. 'I felt there was no purpose when you lack purpose and strength. It is hard to hold on,' he said. But with the help of his religion, friends and family, Nick managed to pull through to become an international symbol of triumph over adversity.

'When I was 13, I read a newspaper article about a disabled man who had managed to achieve great things and helped others,' said Nick.

'I realised why God had made us like this - to give hope to others. It was so inspirational to me that I decided to use my life to encourage other people and give them the courage that the article had given me.'

'I decided to be thankful for what I do have, not get angry about what I don't.'

'I looked at myself in the mirror and said: 'You know what the world is right that I have no arms or legs, but they'll never take away the beauty of my eyes.' I wanted to concentrate on something good that I had.'

"The challenges in our lives are there to strengthen our convictions. They are not there to run us over", said Nick. In 1990 Nick won the Australian Young Citizen of the Year award for his bravery and perseverance.

'And once I was in a car and a girl at traffic lights was looking at me interestingly. She could only see my head so I decided to do a 360 degree spin in the car seat to freak her out. Her face was like wooooooah what is going on? She sped off really quickly.'

Nick began travelling the world and in 2008 he went to Hawaii and met surfing master Bethany Hamilton, who had her arm bitten off by a shark when she was 12.

'She was amazing,' said Nick. 'She taught me how to surf and I was terrified at first, but once I got up there it felt absolutely fantastic and I caught some waves pretty well.' Nick quickly learned how to do the 360 degree spins on his board - a feat that got him on the cover of Surfer magazine within 48 hours. 'No one has ever done that in the history of surfing,' he said. 'But I have a very low centre of gravity so I've got pretty good balance.'





Nick's speech at a stadium



Nick playing golf

He has visited different countries all over the world. The football fan is now a motivational speaker and has travelled over 24 countries speaking to groups of up to 110,000 people.

He moved to Los Angeles two years ago in 2007 and plans to continue to travel the world.

"If I fail, I try again, and again, and again. If you fail, are you going to try again? The human spirit can handle much worse than we realize. It matters how you are going to finish. Are you going to finish strong?" said Nick

'I tell people to keep on getting up when they fall and to always love themselves,' he said.

'If I can encourage just one person then my job in this life is done.'

- <http://www.dailymail.co.uk>

1st July, 2009

Body structure and looks are inborn. We did not choose or 'make' our body. We need not take pride or feel ashamed of our looks or body structure. Pride or shame comes from our behaviour. We respect people, and people, respect us for our skills, behaviour and qualities.

Glossary

- skateboard (n) : a short narrow board with small wheels at each end, which you stand on and ride as a sport
- surf (v) : to take part in the sport of riding on waves on a surfboard
- torso (n) : the main part of the body, not including the head, arms, or legs

- chicken drumstick (*n*) : the lower part of the leg of a chicken or other bird that is cooked and eaten as food
- club (*n*) : a heavy stick with one end thicker than the other
- adversity (*n*) : a difficulty or unpleasant situation
- perseverance (*n*) : the quality of continuing to try to achieve a particular aim despite difficulties

Comprehension

I. Answer the following questions.

1. 'I call it my chicken drumstick,' joked Nick. What does 'it' refer to? How does it help him?
2. What do you mean by 'right girl / boy' to marry?
3. 'His parents decided not to send him to a special school.' Was Nick happy about his parents' decision? Why or why not? What do you think about this decision?
4. How did Nick's parents help him to become independent?
5. Pick out the symptoms of Nick's depression. Do you think his depression was normal or something unique about him? Give reasons for your opinion.
6. Which incident in this text is funny? What makes it funny?
7. What made Nick choose Bethany Hamilton as his teacher to learn surfing?
8. Which aspect of Nick's physical condition helps him to do a 360 degree spin?
9. What are the distinct features of this text? List them.
10. What do you learn from the life of Nick Vujicic?
11. Do you think disability is an obstacle to achieve success in life? Substantiate your argument citing evidences from Nick Vujicic's biographical account 'Attitude is Altitude.'

II. Given below are some of the statements made by Nick Vujicic. Which of these are substantiated by Nick's life?

- I realised why God had made us like this - to give hope to others.
- I wanted to concentrate on something good that I had.
- I tell people to keep on getting up when they fall and to always love themselves.
- If I can encourage just one person, then my job in this life is done.

Vocabulary

I. Look at the list of adjectives given below in the box. Which of them describe Nick Vujicic? Tick (✓) them.

positive	<input type="checkbox"/>	cowardly	<input type="checkbox"/>	arrogant	<input type="checkbox"/>
negative	<input type="checkbox"/>	courageous	<input type="checkbox"/>	sarcastic	<input type="checkbox"/>
optimistic	<input type="checkbox"/>	reliable	<input type="checkbox"/>	quarrelsome	<input type="checkbox"/>
pessimistic	<input type="checkbox"/>	independent	<input type="checkbox"/>	rude	<input type="checkbox"/>
generous	<input type="checkbox"/>	dependent	<input type="checkbox"/>	creative	<input type="checkbox"/>
nervous	<input type="checkbox"/>	obedient	<input type="checkbox"/>	stubborn	<input type="checkbox"/>
confident	<input type="checkbox"/>	trusting	<input type="checkbox"/>	lazy	<input type="checkbox"/>
smart	<input type="checkbox"/>	valiant	<input type="checkbox"/>	pompous	<input type="checkbox"/>
sociable	<input type="checkbox"/>	self- centred	<input type="checkbox"/>	level-headed	<input type="checkbox"/>

Pick out from the text the examples that support these attributes.

Sl. No.	Attribute	Example from the text
1.	positive	In spite of his disability he has become great.
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

II. Tick (✓) the word / expression which is nearest in meaning to the word underlined in each sentence given below.

- Water sports aren't Nick's only thing - he also plays golf with a club tucked under his chin.
a) kept b) pulled c) covered d) tied
- His distraught mother couldn't bring herself to hold him until he was four months old.
a) angry b) careless c) shy d) anxious
- Despite the risk of bullying, his parents insisted on Nick's attending mainstream.
a) discrimination b) humiliation c) negligence d) failure

4. Nick, who was teased and bullied, had an electric wheelchair for mobility, and a team of carers to help him.
a) socialising b) movement c) travel d) safety
5. Nick managed to pull through to become an international symbol of triumph over adversity.
a) disability b) poverty c) difficulties d) opposition
6. The challenges in our lives are there to strengthen our convictions.
a) feelings b) practices c) beliefs d) characters

III. Read the following descriptions about persons and fill in the blanks with the words that match with these descriptions.

boorish extrovert meticulous suave placid
obnoxious compassionate timid introvert malicious

1. Ashok is a very unpleasant and rude fellow. I don't talk to him. He is _____.
2. Srinu is very confident, elegant and polite. But sometimes he does not appear to be sincere. He is _____.
3. Sujatha is quiet and calm. She doesn't like to spend time with others. She is interested in her thoughts and feelings. So she is an _____.
4. Ramesh is very sensitive. He always shows sympathy for people who are suffering. He is _____.
5. My neighbour is such a person that he has a feeling of hatred for others. He desires to hurt others' feelings. He is _____.
6. My father pays careful attention to every detail. He makes thorough planning for everything in our home. He is _____.
7. Prem is an extremely unpleasant person. He always tries to offend people. He is _____.
8. My mother is very calm and peaceful. She doesn't get excited or irritated easily. She is _____.
9. Rahul is a very lively and confident person. He enjoys being with his friends. He is an _____.
10. Sridhar is always afraid of speaking in the class. He is _____.

Defining and Non-defining Relative Clauses

Let us read the following sentences.

1. The woman who taught him surfing had been bitten by a shark.
2. Nick, who was teased and bullied, had an electric wheel chair for mobility.....

What difference do you notice between sentence (1) and (2)? In sentence (1) the relative clause defines **the woman**. It is a Defining Relative Clause. In sentence (2) the Relative Clause adds extra information about Nick. This is a Non-defining Relative Clause.

A Non-defining Relative Clause is preceded and followed by a comma or a hyphen.

e.g: The brave 26- year- old -- who is mainly a torso -- plays football and golf, swims and surfs.

I Read the text again and identify some more Defining and Non-defining Relative Clauses.

1. _____
2. _____
3. _____
4. _____
5. _____

II Complete the sentences with Defining or Non-defining Relative Clauses.

1. This is the peaceful place _____.
2. The 'Mahaprasthanam' is a popular book _____.
3. Suresh _____ has left the school just now.
4. Is this the street _____ ?
5. The express _____ has just arrived.

Writing

I. Writing a biographical sketch.

A biographical sketch is an account of the life and activities of an individual. It includes information about the person's name, place of residence, education, occupation, life and activities and other important details. It is written by another person. If a person writes an account of his/ her own life, it is called an autobiography.

Given below in the table is the biographical information about Stephen Hawking. Based on this information write a biographical sketch.

Stephen Hawking

Points to be covered	Details of the person
Date and place of birth	January 8, 1942, Oxford, England
Information about the family	<ul style="list-style-type: none"> • Eldest one of four sons • Mother: Isobel Hawking • Father: Frank Hawking, a medical researcher with a speciality in tropical diseases
Important events in life	<ul style="list-style-type: none"> • Early academic life: recognized as a bright student • High school years: third from the bottom of his class • Pursuits outside of school: loved board games, constructed a computer out of recycled parts at the age of 16, solved rudimentary mathematical equations • Marriage: married Jane Wilde • Health: Suffered from Amyotrophic Lateral Sclerosis • Research: on black holes • Discovery: Hawking Radiation
Awards, prizes, honours	<ul style="list-style-type: none"> • Fellow of the Royal Society at the age of 32 • Albert Einstein Award. • The Pius XI- Gold Medal for Science from Pope Paul VI in 1975
Contribution to his field and society	<ul style="list-style-type: none"> • Contributed to the advancement of science and research